

HOW TO CHANGE YOUR HANDLEBAR, STEM AND GRIP

This guide will walk you through the steps to replace your handlebar, stem and grips. We have chosen not to use a workstand for this task due to the stem being removed as it is much easier to rebuild the bike out of a stand, you can of course use a workstand if you prefer.

ITEMS REQUIRED

- 2.5mm hex key
- 3mm hex key
- 4mm hex key
- 5mm hex key
- T25 (if using SRAM brakes or drivetrain)
- Torque wrench & bits



PARTS REQUIRED IF BEING REPLACED

- Handlebar
- Stem & additional headset spacers (not always required)
- Grips

HANDLEBAR REMOVAL



1. Remove your old grips from the handlebars using the appropriate tool.



2. Remove your dropper lever using the appropriate tool.



3. Remove your brake levers and gear shifters using the appropriate tool.



4. Remove any other mounts / accessories on your handlebar so it is completely bare.



5. Remove the stem face plate bolts using the appropriate tool and place somewhere safe.



6. With the bolts removed from the stem face-plate, you can now remove the handlebar.

STEM REMOVAL



7. Loosen the steerer clamp bolts on the stem using the appropriate too.



8. Loosen and remove the top cap bolt, top cap and any headset spacers from above the stem – put these somewhere safe



9. Your stem will now be loose and should easily lift off the steerer tube.



10. Take your stem and ensure that the steerer clamp bolts are loose then put onto the steerer tube.
11. In this case the steerer tube is sticking out above the stem so we will need to add a headset spacer. You can tailor your stem height by positioning the stem with spacers above or below to get your preferred height.



INCORRECT



CORRECT

12. When you fit the stem / spacers, the top of the steerer tube should sit approx. 2mm – 3mm inside the top spacer or stem. If the steerer tube is sticking out above these you need to add more spacers.



13. Replace top cap & bolt. Tighten enough to support the headset, we will tighten properly in a later step.



14. If you haven't already done so, remove the faceplate from the new stem.

REFITTING HANDLEBAR



15. Place handlebar in the stem and refit face-plate. Tighten bolts just enough to stop handlebar moving, we will properly tighten in a later stage.



16. Push your grips on to the handlebar.



17. Refit your brakes / gear shifters & dropper lever. If they don't have a hinged clamp you will need to fit before putting the grips on the handlebars.

With everything fitted now loosely refitted on the bike, we will now start to get everything set up and ready to ride



18. Ensure front wheel is straight and then adjust stem so it is centered. Tighten the top cap bolt and stop as soon as all play is removed from the headset. It is vital that you do not overtighten this bolt. You can check for play by holding the front brake on and rocking the bike.



19. Tighten the stem steerer bolts to the manufacturer's recommended torque.



20. Roll the handlebar in the stem clamp to a comfortable riding position, ensure it is centered then tighten face plate to the manufacturer's recommended torque setting.



21. Tighten grips on the handlebar using the appropriate tool.



22. Adjust brake levers, shifters and levers to comfortable position and tighten.



23. Your handlebar, stem and grips have now been replaced and you are ready to go ride.